Module 4 Project

Section 1: Fitness Testing (20 points)

For this project section, you will be participating in the Activity 6.1 Cardiorespiratory Endurance Test. **You will need to complete the Section I 1.5 Mile Run Test**. Based on your completion time, you will find your Estimated Maximal Oxygen Uptake (VO2max). From that calculation, you will find your Fitness Category.

If there is a reason that you are unable to complete this 1.5 mile run, please email me.

All of this information will be gathered from your scores and the charts provided. You will need to submit the following information:

1.5 Mile Run Test Time (minutes & seconds):

VO2 max:

Cardiorespiratory Fitness Category:

Section 2: Reflection (30 points)

Based on the information in Section 1, you will need to write three paragraphs (at least five sentences in length for each paragraph).

Paragraph 1: Are you satisfied with your current level of fitness as seen in Section 1? If you are, explain why you are. And if you are not satisfied, explain why you are not.

Paragraph 2: If you indicated that you are satisfied with your level of fitness, discuss one thing that you do (exercise/workout/practice/participation/fitness/nutrition) that has helped you achieve this level of fitness and explain why you think it has helped you reach this level. **Be specific!**

If you indicated that you are NOT satisfied with your level of fitness, discuss one thing that you could do (exercise/workout/practice/participation/fitness/nutrition) that you think would help you achieve your desired level of fitness and explain why you think it would help you reach your desired level of fitness. **Be specific!**

Paragraph 3: If you indicated that you are satisfied with your level of fitness, discuss a second (different) thing that you do (exercise/workout/practice/participation/fitness/nutrition) that has helped

you achieve this level of fitness and explain why you think it has helped you reach this level. **Be specific!**

If you indicated that you are NOT satisfied with your level of fitness, discuss a second (different) thing that you could do (exercise/workout/practice/participation/fitness/nutrition) that you think would help you achieve your desired level of fitness and explain why you think it would help you reach your desired level of fitness. **Be specific!**